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ABSTRACT

A proposal is presented for a Community College of Philadelphia Life Sciences and Allied Health Services course in volleyball. Following a standard cover form, a course description and statement of purpose explain that the course is designed to teach students the skills and fundamentals of team play, the rules and etiquette of the game, and the principles of basic strategy and tournament play. Next, course goals and a course outline are presented, and corresponding course-level objectives (CLO's) are identified. Finally, the CLO's, related intermediate performance objectives, learning activities, and measures of acceptable performance are presented. The four CLO's stipulate that the student will: (1) analyze the history, rules, terminology, and etiquette of volleyball; (2) analyze and perform the conditioning and warm-up activities of volleyball; (3) analyze the volleyball skills of the pass, bump, serve, set, spike, block, and dink; and (4) analyze tactics and mental skills involved in volleyball offensive and defensive strategy. A class progression outline; recommendations regarding texts, scheduling, supplies, and equipment; a final exam; an overview of rules and techniques; a self evaluation form; and a take-home exam conclude the packet. (LAL)

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ED267832

VOLLEYBALL: COURSE PROPOSAL

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JC 850 105

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COMMUNITY COLLEGE OF PHILADELPHIA

COURSE PROPOSAL COVER FORM

Please use this cover form when submitting the entire course for approval. Attach the course design, objectives, and any other elements to this form.

Name of Proposal Writer David G. Yeo
Suggested Course Title Volleyball Course Number
Related Program(s)
Recommended Course Starting Date Spring, 1985
Days Yes Evenings No Weekends Yes
Is it offered every semester? Yes X No If no, when
Does this course replace another course? No X Yes If yes, name the course.

Department Name

Department Head Signature Date

Division Name Life Sciences and Allied Health Services

Division Director Signature Date

Provost Signature Date

Course Prerequisites

Is this course open to all students meeting requirements? Yes X
No If no please explain.

Limit on Class Size:
A. Contract 30 students per section
B. Laboratory Constraint
C. Clinical Constraint
Expected Enrollment
Special costs involved in offering this course (itemize)

Lecture Hours None Laboratory Hours 23 contact hours
Clinical Hours None Credit Hours 1
Career No General Education Yes Support Yes

Catalog Description

This course in power volleyball is designed to teach students the skills and fundamentals of team play, the rules and etiquette of the game, and the principles of basic strategy and tournament play. Students will participate in different game conditions as governed by the rules of men's, women's, coed, and beach competition.

Volleyball

Statement of Purpose

Volleyball is ranked as the most popular participant sport in the United States and is ranked third in the world as a recreational team sport. Since 1970, the number of teams and individuals participating in the game has grown at an unbounded pace. Concurrently, spectator interest in competitive volleyball is also at an all-time high. With the relatively recent advent of professional volleyball, NCAA volleyball championships, and American success at the international and Olympic level of play, volleyball is seen as a growing sport with a bright future.

While recognized as a major recreational activity, volleyball is also accepted as a significant lifetime sport in the physical educational setting. It is a powerful game of skill, conditioning, and strategy. Volleyball demands effective group interaction, communication, and teamplay for overall team success and successful learning experiences. Because of the physical, mental, and social components of volleyball, the game provides a valuable individual and group experience for the college student.

Volleyball

Statement of Purpose

This course is intended to provide an enjoyable and meaningful opportunity for all students to increase their skills and understanding of volleyball. Taking this course will enable students to improve their level of physical fitness and their capacity to interact with others in a lifetime sport.

Volleyball

Goals

1. The student will learn a working knowledge of the history, rules, terminology, and etiquette of volleyball. (CLO #III)
2. The student will develop an understanding of the warmup, stretching, and conditioning activities of volleyball. (CLO #IV)
3. The student will develop ability in the basic volleyball skills of the pass, serve, set, spike, block, and dink. (CLO #I)
4. The student will learn an awareness of the basic tactics and mental skills involved in offensive and defensive strategy. (CLO #III)

Volleyball

Course Outline

I. History of Volleyball (CLO #I)

A. William Morgan, Springfield College, 1896

B. Spread to six major countries, 1910-1920, through the YMCA

C. World War I popularity

D. 1928 - U. S. Volleyball Association

E. 1964 - Olympic competition

F. 1970 - NCAA championships

G. 1976 - International Rules

H. 1977 - International Professional Volleyball League

II. Rules and Terminology (CLO #I)

A. Points, games, and matches

B. Violations and penalties

C. Rotation

D. Replays

E. Official hand signals

F. Etiquette

G. Duties of referee, umpire, scorer, linesmen

H. Men's, women's, coed, and beach rules

Volleyball

Course Outline (Continued)

III. Warmup and Physical Conditioning (CLO #II)

A. Warmup

B. Stretching

C. Weight training

D. Anaerobic and interval training

E. Jump training

IV. Overhand Pass/Forward Pass/Set/Overhead Pass (CLO #III)

A. Body position and stance

B. Hand position

C. Movement under the ball

D. Footwork

E. Set with partners

F. Wall volley

G. Circle set

H. Triangle set

I. Back set and short set

V. Bump/Dig/Underhand Pass/Forearm Pass (CLO #III)

A. Stance

B. Footwork - forward, lateral, and knee drop

C. Arm and hand position - one arm and two arm

Volleyball

Course Outline (Continued)

V. Bump/Dig/Underhand Pass/Forearm Pass (CLO #III) (Continued)

D. Bump to wall

E. Bump with partner

F. Turn around and bump

G. Circle bump

H. Triangle bump

I. Net recovery

VI. Serve (CLO #III)

A. Stance

B. Footwork and toss

C. Hand position and contact

D. Overhand

E. Underhand

F. Floater

VII. Return of Serve (CLO #III)

A. M team formation, W formation

B. Body position

C. Setting for options

D. Spike to wall or partner

Volleyball

Course Outline (Continued)

VII. Return of Serve (CLO #III) (Continued)

E. Back row and front row cover

F. Backing up

VIII. Spike (CLO #III)

A. Stance

B. Footwork and landing

C. Arm and hand position

D. Spike to wall or partner

E. Spike to self

F. Bump-set-spike drill

G. Spike over net

H. Spike against blockers

I. Spike to defense

IX. Block (CLO #III)

A. Positioning and stance

B. Footwork - side step and crossover

C. One-man block

D. Two-man block

E. Middle and outside blocker

Volleyball

Course Outline (Continued)

X. Dink/Drop Volley (CLO #III)

A. Anticipation and stance

B. Footwork

C. Hand and arm position

D. Dink over the block

E. Dink off the block

XI. Strategies (CLO #IV)

A. 4-2 and 5-1 offenses

B. Hitting around the block

C. Dinking over block

D. Defending against the spiker

E. Serving to weak areas

F. Blocking and defending against a 4-2 offense

G. Substituting

H. 2-1-3 and 2-4 defenses

XII. Psychological and Mental Aspects (CLO #IV)

A. Communication

B. Concentration and confidence

C. Awareness of teamates' and opponents' strengths and weaknesses

D. Relaxation and anxiety level

References

Banachowski, Andy. Power Volleyball, The Woman's Game. North Palm Beach, FL: The Athletic Institute, 1984.

Bertucci, Robert (editor). Championship Volleyball: By the Experts. 2nd. Edition. West Point, NY: Leisure Press, 1982.

Cox, Richard. Teaching Volleyball. Minneapolis, MN: Burgess Publishers, 1980.

Egstrom, Glen and Schaafsma, Frances. Volleyball. Dubuque, IA: Wm. C. Brown Company Publishers, 1972.

O'Deneal, William. Winning Volleyball Drills. West Point, NY: Leisure Press, 1982.

Scates, Allen and Ward, Jane. Volleyball. Boston: Allyn Bacon Inc., 1975.

Shondell, Donald and McNamara, J. Volleyball. Englewood Cliffs, NJ: Prentice-Hall, 1971.

USVBA, Volleyball Official Guide. Colorado Springs, CO: USVBA Publishers, 1984

References (Continued)

(For library acquisition, periodicals: Volleyball Magazine
P. O. Box 2410
Boulder, Colorado 80321.
Volleyball Technical
Journal
333 River Road, Vanier,
Ontario, Canada, Kil 8B9.

Course Level Objective

Course/Package Name

Volleyball

CLO Identification

I

The student will analyze the history, rules, terminology, and etiquette of volleyball. To be rated as acceptable, the student must: (1) describe a history of volleyball, (2) explain the rules of volleyball, (3) explain the differences in volleyball play according to who is playing and where the game is occurring, (4) define volleyball terms, (5) identify rules of play in volleyball etiquette, and (6) describe roles of persons who officiate play in volleyball.

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # I

INTERMEDIATE PERFORMANCE OBJECTIVE# 1

The student will describe a history of volleyball from its origin through the development of scholastic, intercollegiate, Olympic, and professional play.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read Championship Volleyball: By the Experts by Robert Bertucci (course text), pp. 11-19	Book	Individual
2.			
3.			
4.			
5.			

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # I

INTERMEDIATE PERFORMANCE OBJECTIVE# 2

The student will describe fundamental rules of volleyball. To be rated as acceptable, the student must: (1) describe how points are scored, (2) describe at least five major violations in volleyball, (3) describe at least four major penalties in volleyball, (4) describe volleyball rotation, and (5) describe at least four conditions which call for the ball to be replayed.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 313-331.	Book	Individual
2.			
3.			
4.			
5.			

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # I

INTERMEDIATE PERFORMANCE OBJECTIVE# 3

The student will describe differences in the volleyball rules for men's, women's, coed, and beach play. To be rated as acceptable, the student must: (1) state the height of the net in men's play, (2) state the height of the net in women's and coed play, (3) state the height of the net in beach play, (4) state the minimum number of women on each team in coed Play, and (5) state the required positioning of men and women in coed play.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, p. 315.	Book	Individual
2.	Read Yeo handout, Volleyball.	MCCC #20	Individual
3.	Read The Art of Beach Volleyball. by Dennis Hare.	Book	Individual
4.			
5.			

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # I

INTERMEDIATE PERFORMANCE OBJECTIVE# 4

The student will define at least twelve common terms used in volleyball.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read Yeo handout, Volleyball.	MCCC #20	Individual
2.			
3.			
4.			
5.			

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # I

INTERMEDIATE PERFORMANCE OBJECTIVE# 5

The student will identify at least five modes of conduct that are considered to be proper etiquette when playing volleyball.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 321-324, 330.	Book	Individual
2.			
3.			
4.			
5.			

COURSE/PACKAGE NAME Volleyball

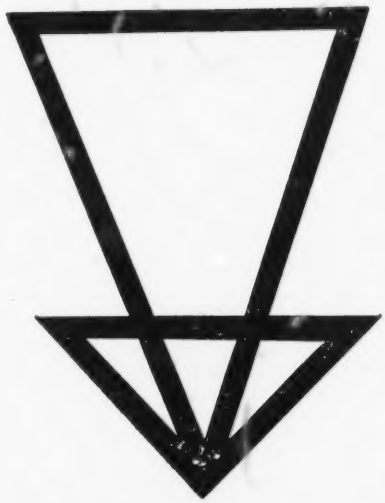
COURSE LEVEL OBJECTIVE # I

INTERMEDIATE PERFORMANCE OBJECTIVE# 6

The student will describe the role of a referee, an umpire, a scorer, and a linesman in the conduct of a volleyball game. To be rated as acceptable, the student must: (1) state at least three roles specific to a referee, (2) state at least two roles specific to an umpire, (3) state at least two roles specific to a scorer, (4) state at least two roles specific to a linesman, and (5) rank each of the four in order of authority.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 332-335.	Book	Individual
2.			
3.			
4.			
5.			

Course Level Objective



Course/Package Name

Volleyball

CLO Identification

II

The student will analyze and perform conditioning activities of volleyball. To be rated as acceptable, the student must (1) perform warm-up conditioning exercises of volleyball, (2) identify at least five objectives of a conditioning training program in volleyball, and (3) describe at least five principles involved in designing a conditioning program in volleyball.

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # II

INTERMEDIATE PERFORMANCE OBJECTIVE# 1

The student will perform exercises involved with proper warmup and stretching for volleyball. To be rated as acceptable, the student must perform flexibility stretching exercises for each of the following muscles: (1) hamstring, (2) quadricepts, (3) Achilles heel, and (4) shoulder girdle. Further, the student must perform footwork and ball control exercises for proper warmup.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 210-214; 217-219.	Book	Individual
2.	Read text, pp. 23-28, 32-36	Book	Individual
3.			
4.			
5.			

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # II

INTERMEDIATE PERFORMANCE OBJECTIVE# 2

The student will identify and name fundamental principles of a weight training and a jump training program for volleyball. To be rated as acceptable, the student must identify and name at least four principles held in common and at least two principles that are unique to each.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 189-197; 294-210.	Book	Individual
2.			
3.			
4.			
5.			

COURSE/PACKAGE NAME Volleyball

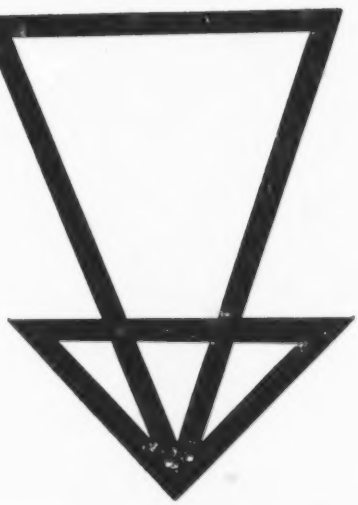
COURSE LEVEL OBJECTIVE # II

INTERMEDIATE PERFORMANCE OBJECTIVE# 3

The student will describe fundamental components of an anaerobic and an interval training program for volleyball. To be rated as acceptable, the student must describe at least two principles that are unique to each.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 189-204	Book	Individual
2.			
3.			
4.			
5.			

Course Level Objective



Course/Package Name

Volleyball

CLO Identification

III

The student will analyze the volleyball skills of the pass, bump, serve, set, spike, block and dink. To be rated as acceptable, the student must: (1) describe the skills, (2) perform the skills in a game situation, (3) describe techniques for using the skills, (4) name errors made in executing the skills, and (5) identify adjustments for correcting errors made in executing the skills.

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # III

INTERMEDIATE PERFORMANCE OBJECTIVE# 1

The student will describe the volleyball skills of passing, bumping, serving, setting, spiking, blocking, and dinking. To be rated as acceptable, a three sentence description of each is sufficient.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 23-77.	Book	Individual
2.	View filmloop presentations entitled Serve, Underhand Pass, Set, Spike, and Block, by Athletic Institute.	Filmloop projector	Individual or group
3.			
4.			
5.			

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # III

INTERMEDIATE PERFORMANCE OBJECTIVE# 2

The student will describe at least one technique for using each of the following volleyball skills in a game situation: passing, bumping, serving, setting, spiking, blocking, and dinking.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 23-77	Book	Individual
2.	View filmloop presentations entitled Serve, Underhand Pass, Set, Spike, and Block, by Athletic Institute.	Filmloop projector	Individual or group
3.			
4.			
5.			

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # III

INTERMEDIATE PERFORMANCE OBJECTIVE# 3

The student will analyze at least one error made in executing each of the following volleyball skills: passing, bumping, serving, setting, spiking, blocking, and dinking. To be rated as acceptable, the student must: (1) name the error, and (2) identify an adjustment to correct each error.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 23-77	Book	Individual
2.			
3.			
4.			
5.			

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # III

INTERMEDIATE PERFORMANCE OBJECTIVE# 4

The student will perform each of the following volleyball skills: passing, bumping, serving, setting, spiking, blocking, and dinking at least once in a game situation.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 23-77	Book	Individual
2.			
3.			
4.			
5.			

Course Level Objective

Course/Package Name

Volleyball

CLO Identification

IV

The student will analyze tactics and mental skills involved in volleyball offensive and defensive strategy. To be rated as acceptable, the student must: (1) identify and name positions of players in set volleyball formations, (2) identify and name rules related to volleyball player positions, (3) describe attacting and defending techniques in volleyball, (4) analyze volleyball team strengths, and (5) describe psychological concepts related to volleyball play.

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # IV

INTERMEDIATE PERFORMANCE OBJECTIVE# 1

The student will identify and use the positions of each volleyball player in at least one set offensive formation and at least one set defensive formation.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 99-103; 103-147	Book	Individual
2.			
3.			
4.			
5.			

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # IV

INTERMEDIATE PERFORMANCE OBJECTIVE# 2

The student will describe at least one technique to be used in attacking the block and at least one technique to be used in defending against the spiker.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 125-129; 137-144	Book	Individual
2.			
3.			
4.			
5.			

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # IV

INTERMEDIATE PERFORMANCE OBJECTIVE# 3

The student will analyze team strengths. To be rated as acceptable, the student must: (1) describe at least three possible strengths a volleyball team might have, (2) describe at least three possible weaknesses a volleyball team might have, (3) state at least one possible strategy a team might use to exploit each of the described strengths (4) state at least one possible stragegy a team might use to exploit each of the described weaknesses, and (5) limit the strength and weakness descriptions to the volleyback actions of serving, receiving, attacking, defending, and substituting.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 263-279; 317-321.	Book	Individual
2.	Read Yeo handout, Strategy for Volleyball.	MCCC #21	Individual
3.			
4.			

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COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # IV

INTERMEDIATE PERFORMANCE OBJECTIVE# 4

The student will describe at least two psychological concepts for each of the following: communication, concentration, relaxation, and readiness as related to volleyball play.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 234-245	Book	Individual
2.			
3.			
4.			
5.			

COURSE/PACKAGE NAME Volleyball

COURSE LEVEL OBJECTIVE # IV

INTERMEDIATE PERFORMANCE OBJECTIVE# 5

The student will identify and name at least one rule that pertains to each floor position in a volleyball game. To be rated as acceptable, the student must identify and name the rules for at least one complete set offensive formation and for at least one complete set defensive formation.

NO.	STUDENT ACTIVITIES	MEDIA	METHOD
1.	Read text, pp. 319-321, 325, 329-330.	Book	Individual
2.			
3.			
4.			
5.			

Volleyball

Class Progression - 12 classes

Class #1. Course introduction: textbook, attendance, dress, assignments, grading, objectives, course outline.

Background of volleyball

Introduction to the game: basic rules and violations, lines on the court

Introduce underhand bump pass, demonstration and drill

#2. Volleyball warmup and stretching exercises (all classes)

Review overhand and two-handed bump pass with drills

Teach the serve - underhand

Drill the serve

Teach return of serve and drill

#3. Review rules - men's, women's, coed

Review passing

Review serving and return of serve

Teach one-handed bump pass and drill

Review underhand serve

Teach overhand serve and drill, using overhand pass and bump for receiving serve

Volleyball

Class Progression - 12 classess (Continued)

Class #4. Drill passing fundamentals

Drill serving fundamentals and rules

Teach the spike, and drill

Serve-bump-set-spike drill

#5. Practice passing

Review spiking with drills, including ladder drill

Demonstrate and pratice one-man and two-man block

Games

#6. Review passing, serving, and spiking

Demonstrate the dink

Explain 4-2 and 5-1 offense, and strategy

Discuss psychological and mental aspects

Explain differences of beach rules

Games

#7. Drill serving, setting, and spiking

Explain 2-1-3 and 2-4 defenses, and strategy

Explain duties of referee, umpire, scorer, linesman

Games

Volleyball

Class Progression - 12 classes (Continued)

Class #8. Review offensive and defensive strategy

Selected drills

Start round robin tournament (with 5 teams), 1 game

#9. Round robin tournament, 2 games

#10. Review for exam

Finish round robin tournament, 1 game

#11. Exam

Games

#12. Review exams

Review final grades

Games

Volleyball

Recommendations

Text: Bertucci, Robert (editor). Championship Volleyball: By the Experts. 2nd. Edition. West Point, NY; Leisure Press, 1982.

Scheduling: First six weeks of the fall semester
Last six weeks of the spring semester
Six weeks of summer sessions.
2 classes per week, each for 2 hours = 24 hours
OR
2 classes per week, each for 1½ hours, for 7½ weeks = 22.5 hours.
OR
Saturday classes, 3 hours each, for 8 weeks = 24 hours.

Necessary Supplies:

Volleyballs: Mikasa, VL-200, leather
Gold Medal Sporting Goods
12 @ $23.95 = $287.40 (with net ball carrier)

Volleyball standards: Jayfro, SS-375R, portable, combination volleyball, tennis, badminton, 75 lb. base, and guy cable, 2-3/8" O.D. steel poles, ratchet and pulley, no-mar wheels.
8 @ $439.00 per pair = $1,756.00
OR

Volleyball

Recommendations (Continued)

BSN ST240 S/P, portable combination, roll-away, 75 lb. base, 1½ O.D. steel poles, no-mar wheels, 8 @ $359.00 per pair = $1,436.00

Volleyball nets: Jayfro, VBD-3, polyethylene, steel cable 6 @ $39.00 = $234.00

Volleyball film loops: The Athletic Institute, 200 Castlewood Drive, North Palm Beach, FL 33408 305-842-3600

Desirable Long Range Equipment: Volleyball spiking feeder

Volleyball spiking blocker

Y277 - Volleyball Final Exam Mr. Yeo

Name _____

I. Multiple Choice. Circle the best answer.

1. In this course, we attempted to play
   a. Recreational volleyball.
   b. Jungle volleyball.
   c. POWER volleyball.

2. Volleyball is
   a. The most popular participant sport in the U.S.
   b. Ranked third in the world as a recreational team sport.
   c. The leading competitive sport in 27 countries.

3. A ball should be played from the net in what technique?
   a. A block
   b. An overhead chest pass
   c. A dig or bump
   d. With the open hand
   e. With the foot

4. A rule infraction is called
   a. Foul
   b. Error
   c. Goof
   d. Penalty

5. The man in the middle of the front line normally responsible for passing the ball to the spiker is called:
   a. The center
   b. The server
   c. The setter
   d. The net man

6. A back line player may spike the ball provided his feet leave the ground at least _____ feet back from the net.
   a. 4 feet
   b. 9 feet
   c. 10 feet
   d. 7½ feet

7. Hitting the ball underhand with the open palm is usually called
   a. A flip
   b. A throw or carry
   c. A double hit
   d. A set

8. A serve hitting the net and continuing into the opponents' court is a
   a. Net serve or "let"
   b. Point
   c. Side out
   d. Legal net serve

9. Most good spikers hit the ball
   a. With a stiff arm
   b. With a closed fist
   c. With an open hand
   d. With both hands
   e. With a semi-fist

10. A serve made by a player stepping on the back court line before serving is called
   a. A liner
   b. A serve-over
   c. An error
   d. A foot fault

11. Recovery of a hard driven spike in the back court is called a
    a. Ace
    b. Dig
    c. Block
    d. Set

12. The only time touching the net is not a foul is
    a. After the ball has been spiked over the block.
    b. When the ball causes the net to contact a player.
    c. Before the set man has touched the set.
    d. During the attempt to block a set.
    e. None of the above is legal.

13. A referee would signal a foot fault when
    a. A server steps on the end line before hitting the serve.
    b. The center front line player is deeper on the court during the receiving of serve than the center back player.
    c. A player contacts the ball with his foot.
    d. A player steps over the center line during play.
    e. Both a and d

14. Which of the following results in a "play over?"
    a. When an official inadvertently blows his whistle
    b. When a foreign object enters the court
    c. When a player is seriously injured during the play
    d. When there is a double foul
    e. All of the above

15. Which of the following are considered offensive weapons in power volleyball?
    a. The serve and the spike
    b. The spike and the dink
    c. The serve and the dink
    d. The change of pace spike and the quick spike
    e. All of the above

16. When starting the second game of the match, who has the first serve?
    a. The team that served first in game one
    b. The receiving team in game one
    c. The team that lost game one
    d. A coin is flipped for service
    e. The team that won game one

17. Which of the following is a foul?
    a. Hitting the ball with the forearm
    b. Throwing the ball into the net
    c. Reaching under the net to recover a ball from the net
    d. Stepping on the center line while playing a ball

18. In which situation does the Red team make a point?
    a. Red team serves and Blue team commits a net foul
    b. Red team serves and serve lands out of bounds
    c. Red team serves and the ball hits the top of the net but lands in bounds
    d. A Red player is off the court as his team serves successfully.

19. In the third game of a match, what must the leading team's score for the change of court?
    a. 15
    b. 9
    c. 8
    d. 7

20. Players are restricted in their play from committing unsportsmanlike acts. Which of the following is not unsportsmanlike conduct?
    a. Screening the server from the opponents
    b. Shouting or stamping the feet at a player about to make a play
    c. Reaching under the net to pay the ball
    d. Making derogatory remarks to an official

21. A "double foul" occurs when
    a. The ball fails to clear the net on the third hit and the spiker lands over the center line
    b. The ball fails to clear the net on the third hit and a blocker lands over the center line
    c. A player blocks a normal set and then contacts the net
    d. A blocker touches the net and the spiker lands over the center line

22. When preparing to block a spike, the defensive men should be
    a. Spread apart about four feet
    b. Directly behind each other
    c. Shoulder to shoulder
    d. In the middle of the court

23. Volleyball originated in
    a. Peru
    b. Japan
    c. United States
    d. Russia
    e. Great Britain

24. Which of the following is a foul on the serve?
    a. The ball is struck with the fist
    b. The server is standing more than 3' back from the rear end line
    c. The server jumps to hit the ball
    d. The server strikes the ball directly off the supporting hand
    e. The server contacts the end line after the ball is served

25. Which is not a foul?
    a. Spiking from behind the ten foot line
    b. Stepping over the center line
    c. Kicking the serve
    d. A back court player participating in the block
    e. Taking three time outs during a game.

26. Players may change positions
    a. As soon as the server contacts the ball
    b. Only when a point is scored
    c. Only when on offense
    d. Any time
    e. At no time

27. Which of the following is not an attribute of volleyball?
    a. Carryover sport
    b. Played by all ages and both sexes
    c. Played indoors or outdoors
    d. Provides a vigorous workout in a short period of time

II. True-False. Circle the correct answer.

28. T F A hard driven spike may legally contact the head and then the shoulder of a player attempting to dig the ball, if it constitutes one attempt to play the ball.

29. T F You can reach over the net to block the ball, but you cannot touch the ball until completion of the opponent's hit.

30. T F You cannot reach over or touch the net when hitting the ball.

31. T F Simultaneous contacts by teammates are considered one play, and neither player is allowed to make the next hit.

32. T F A back line player may move into the front area to set up the ball, but he cannot block or spike the ball in that area.

33. T F In official coed play, at least one of the 2 or 3 hits must be made by a man.

34. T F Correct technique in the spike includes a vigorous one foot takeoff in order to jump as high as possible.

35. T F Only the 3 front line players may block at the net.

36. T F A ball landing on the outside edge of a side boundary line is considered in bounds.

37. T F A player may not step on the center line or across the center line when playing the ball.

38. T F The set man may set the ball to any player on the court, as long as the ball is legally played.

39. T F When blocking, a player may legally have part of his body over the plane of the center line, as long as he does not contact the net or floor beyond the center line, or interfere with his opponent's right to play the ball.

40. T F The three-man block is illegal.

41. T F When two opposing players strike the ball simultaneously over the net, the team on whose side the ball falls is allowed three more hits without penalty.

42. T F In tournament play, the referee's whistle must sound before the server can serve.

43. T F The server can be anywhere behind the end line (as long as he stands within an imaginary extension of the side lines).

44. T F During the serve, the players on the receiving team can assume any position on the court.

45. T F You cannot go over the net on a follow-through.

46. T F The server should announce the score before each serve.

47. T F The most accurate pass is the overhand pass.

48. T F The successful forearm bump pass requires the player to swing his arms aggressively into the ball.

49. T F One of the contributions of volleyball to the American society was the spirit and tradition of a player often calling his own fouls when undetected by officials.

50. T F Volleyball is an Olympic sport.

III. Fill in the Blank.

51. A serve which cannot be returned and scores a point is called _____

52. The maximum number of points that can be served by one server in a normal game is _____.

53. If time is kept, the length of the official game is _____ minutes.

54. The serving zones are on the right hand side of the back line, and are _____ feet by _____ feet.

55. The official height of the men's net is _____.

56. The basic pass from the second player touching the ball to the spiker is called a _____.

57. A technique used to softly place the ball just over the top of the block is called a _____.

58. The most effective and widely used type of serve in advanced levels of play is the _____ serve.

59. A match consists of _____ games.

60. During a series of 3 hits during a play by one team, the maximum number of times a single player may play the ball is _____.

61. The play made in class that upset Mr. Yeo the most was
    a. Trying a power serve and missing
    b. Passing the ball instead of hitting over the net
    c. Returning the ball to the back line
    d. Hogging the ball.

62. The most important objective of each class was to
    a. Ensure cardiovascular and muscular conditioning
    b. Drill skills repeatedly
    c. Win each game
    d. Have fun

Circle the number of unexcused absences you had during this course.

0 1 2 3 4 5 6 7 8 9 10

Taking into consideration your attendance, comparative skill, attitude, and improvement, what grade do you think you earned in this course?

_____

MONTGOMERY COUNTY COMMUNITY COLLEGE

Y277 Volleyball Mr. Yeo

I. Three kinds of volleyball

A. Recreational volleyball -- 8-15 people on a side; mostly "carries," "throws," and "held balls;" very little spiking.

B. Jungle volleyball -- touching and grabbing the net, (grabbing under the net), reaching over the net to hit the ball: lots of throws and carries.

C. POWER volleyball -- rules, techniques, and strategies of collegiate and Olympic play.
CLEAN BALL HANDLING ! ! !
SETTING THE BALL FOR THE SPIKE ! ! !

II. Popularity of the game

(Founded, 1895, William Morgan, Holyoke, Massachusetts)

"The most popular participant sport in the United States." (60 Million

Ranked third in the world as a recreational team sport.

Volleyball is played in 103 countries.

In 27 countries, volleyball is the leading competitive sport.

Olympic play start in Japan, 1964.

Top world teams, men and women = Japan, Korea, Russia

1970, NCAA championships started.

Top U.S. collegiate teams: California (UCLA, Stanford, Santa Monica, Long Beach)

Pro volleyball will be here by 1976.

III. Rules

A. General

1. Six players on a side.

2. Toss of coin for choice of serve or court.

3. 15 point game, win by 2. Or, whichever team is ahead at the end of 8 minutes of playing time (must still win by 2). The 8 minute time limit is often used in large round-robin tournaments where there is not enought time for regular matches.

4. Match is 2-out-of-3 games.

5. Exchange courts at end of game, and in the third games when one team reaches 8 (or the first time the ball becomes dead after 4 minutes of playing time).

6. A ball touching a boundary line is <u>good</u>.

7. The ball may be hit by any part of the body above and including the waist.

8. The ball <u>can</u> be played off the net.

9. You can run outside of the court to play a ball, but you cannot cross the imaginary extension of the center line to play the ball.

10. A ball touching the ceiling, lights, or net posts is dead. <u>Exempt</u> from this rule is that ball (other than a serve) striking the ceiling or fixtures which falls into the court of the offending team as though the ball had not touched such obstructions.
No such rebounding ball may legally strike above the opponent's side of the net nor fall to the opponent's court.

11. Each team may have 2 timeouts per game; 30 seconds each.

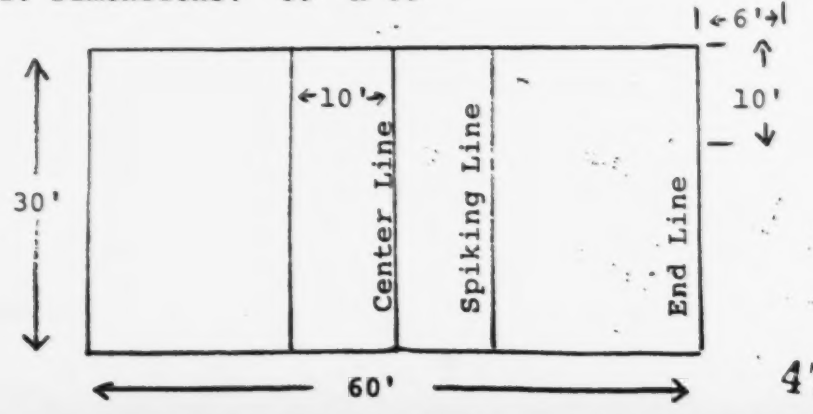
12. In volleyball, <u>you call your own fouls</u> if the referee does not see them: touching the net, barely touching the ball as it goes out of bounds, stepping over the center line and landing on someone's pinkies.

13. Substituting: Any substitute shall take the position of the player who he is replacing. No change shall be made in the position of other players. After a player has re-entered the game, he shall be in his original position in relation to his teammates. A player may enter the game not more than 3 times.

B. The court

1. Net: college men, 8'
college women, 7'4½"
coed play, 8'
beach, hard packed sand, 7'10"
beach, loose packed sand, 7'9"

2. Dimensions: 30' x 60'



3. Spiking, or Restraining Line: runs across the court, 10' from the center line. Back line players can spike the ball providing they leave the floor from behind the restraining line. (This prevents tall players in the back line from coming to the net to spike the ball on every play.)

4. Center line: can be stepped on, but not over. Any part of a player's body may be in the air below the net and beyond the center line if he does not interfere with the opponent's play by touching the ball or an opponent. A player may reach under the net to retrieve a ball that is in play by his team.

C. Serving

1. Before the server can serve, the referee shall signal readiness to play by blowing his whistle and giving a visible sign.

2. Server must be in the serving area: behind end line, and within the area 10' to the left of the right sideline x 6' deep.

3. Ball can be hit with the hand(s), fist(s), or arm(s).

4. Serve can be hit underhand, sidearm, overhand, or roundhouse. Ball does not have to be hit in midair.

5. Server cannot step on the boundary line, but can have his foot or part of his body in the air over the line. One foot must remain on the floor when the ball is struck (the server cannot jump to hit the ball).

6. One serve is allowed. No "let" ball.

7. When the serve exchanges sides, the receiving team shall rotate one position clockwise.

8. Points made by a player serving out of turn count if the error is not discovered before the opponent's next serve. If the error is discovered during the service, the points do not count and it is a side out. In either case, players of the team in error shall regain their proper positions before another service by either team.

9. The team not serving first in the first game shall serve first in the second game.

10. A served ball is dead if it (a) touches the floor of server's area, a teammate, or the net, (b) passes under the net or crosses the net entirely outside the markers on the sides of the net, (c) touches the ceiling or any obstructions or objects before contacting an opponent or the floor of the opponent's area, or (d) lands out of bounds.

11. The server's teammates cannot raise their arms to block the view of the serve (no screening).

12. On the serve, the receiving team can position themselves strategically, but in their respective basic areas.

13. During the serve, the players on the serving team must be in their respective positions. After the serve, all players may take any position on their side of the court (but back line players still cannot spike in front of the restraining line).

D. Blocking

1. A serve cannot be blocked across the net.

2. You may reach over the net to block the ball, but you cannot touch the ball until completion of the opponent's attack (until the opponent has hit the ball).

3. Only the 3 front line players are allowed to block at the net.

4. If a spike strikes a multiple block, it is considered, 1 play, and any player making the block may next play the ball.

E. Hitting. The ball must be clearly hit.

1. When playing a ball below the waist, a player (in 99% of high level volleyball games) will be called for lifting, holding, or pushing unless he plays the ball with a closed hand or forearm bump.

   A player is most likely to allow the ball to visibly come to rest if he plays the ball with the palms of two hands underhand, from behind his shoulder, from behind his head, or overhead with his back to net.

2. A team cannot play the ball more than 3 times.

3. You cannot reach over or touch the net when hitting or spiking the ball. (You see this when a person gets a bad set which is a little over the net and the player reaches over the net to make the easy spike.)

4. You can go over the net on the follow-through.

5. The only time touching the net is not a foul is when the ball causes the net to contact the player.

6. A player, on a hard driven spike not already touched by a teammate, may make successive contacts with the ball if it constitutes one attempt to play the ball. (The ball can hit head and then hand, or shoulder and then hand, or carom off one hand and hit the other hand if it happens so quickly as to constitute one attempt to play the ball.)

7. Simultaneous contacts by teammates are considered one play, and either player can make the next hit.

8. If the ball, after a simultaneous hit at the net by opposing players, falls on the floor in bounds, the foul is against the team in whose court the ball fell. If the ball lands out of bounds, play the point over.

9. When 2 opposing players strike the ball simultaneously over the net, the team on whose sied the ball falls is allowed 3 more hits. The player may participate in the next play.

10. A back line player may move into the fron area to set up the ball or return the ball over the net, but he cannot block or spike the ball or hit the ball from above the level of the top of the net.

G. Coed play

1. Men and women must take alternate positions.

2. When the ball is played by more than 1 player on a team, one of these must be made by a female.

3. When there is only one male in the front row, 1 back row player may come to the net to block.

4. Net is 8'.

H. Terminology

Ace - point scored a direct result of a serve (serve cannot be returned
Side Out - failure to score and loss of the right to serve
Lift, Push, Throw, Carry, or Held Ball - illegally playing the ball by holding or changing the direction of the ball on the hit; a ball that comes to rest momentarily in the hand or hands
Set - a pass made especially for position and to the best advantage for a player about to spike it
Spike - a ball hit with mucho force from above the net
Play Over - a replay of a point
Foot Fault - stepping on or over the end line during the serve
Dink - a soft shot placing the ball just over the top of the block or to the side of the block
Foul - any violation of the basic rule; a rule infraction When a double foul occurs, the point is replayed.
USVBA - United States Volleyball Association; 7,000 members
No "let" or "net" in volleyball

Volleyball is TEAMWORK ! ! ! TALK, TALK, TALK TO EACH OTHER ! ! !

A Thought: To be loved is heaven.
To be hated is difficult.
To be ignored is hell.
Who have you been neglecting lately?

Y277 - VOLLEYBALL

PLAYING SKILL SELF-EVALUATION Name: _____

Check the appropriate answer, as you consider your playing skill.

	Never	Occasionally	Often	Very Often	Always
1. Do your serves land in-bounds?					
2. Do you plan & aim each serve?					
3. Or do you mostly just try to get it over the net in-bounds?					
4. Do you try new serves in play?					
5. Do you serves win points for your team.					
6. When you play the ball after the serve:					
a. Does the ball strike your palms?					
b. Do you use two hands?					
c. Do you plan to whom you will hit the ball?					
d. Or do you mostly just try to hit it and feel lucky if you do?					
e. Do you close your fists for underhand hits?					
f. Are your set-up hits well controlled - i.e. are they easy for the player you're passing to play?					
g. Do you set the ball up high?					
h. Do you try to get the ball back over the net all by yourself?					
i. Does the ball go in the wrong direction when you hit it?					
j. Are you afraid when the ball comes toward you?					
7. Before each play, do you check to see where your teammates are and think how you will play the ball if it comes to you?					
8. Do you play your position.					
9. Or do you frequently play the ball for a weak player?					
10. At the net, do you set the ball up for another player to spike if you have enough plays?					

	Never	Occasionally	Often	Very Often	Always
11. Are these attempts to set for a spiker successful?					
12. Do you try to spike the ball?					
13. If you are too short to spike, do you hit the ball far back into the opponent's court?					
14. Do you pay attention to where the good spikers are on the other team and try to hit the ball over or away from them?					
15. If you are the last player on your team to hit the ball, do you plan how and to where you will hit the ball to try to win the rally?					
16. If you spike, do you close your fist(s) to hit the ball?					
17. Do you try to save a ball hit poorly or out-of-bounds by a teammate?					
18. Are you alert and watching the ball at all times during play?					
19. Do you position yourself to "cover" for other players without taking the play away from them?					
20. Do you try to block balls being spiked?					
21. Do you touch the net during play?					
22. If you touch the net, do you call your foul?					
23. Do you allow and encourage less skill players on your team to learn and to play?					
24. Do you feel overwhelmed by players who are more aggressive or more skilled than you?					
25. Are you a good sport?					
26. Can you have fun playing if you are not winning?					
27. Do you "call for the ball"?					

Has your playing skill improved this semester so far? No A little A lot

Attendance: Number of classes missed

0 1 2 3 4 5 6 Explain: _____

Consider all of the above and give yourself and honest grad so far in volleyball.

A+ A A- B+ B B- C+ C C- D+ D D- No Credit

PEH 286 - INTRODUCTION TO VOLLEYBALL

INSTRUCTOR: Shelly Chamberlain, Associate Professor
PE Center, U-8, 641-6516
TEXTBOOK Championship Volleyball by Bob Bertucci
WRITTEN ASSIGNMENTS:

A. Textbook questions, due January 31, 1985
B. Volleyball magazine due February 27, 1985
- Volleyball Technical Journal
- Journal of Physical Education, Recreation, and Dance
- Sports Illustrated

I. Written question on Textbook - Championship Volleyball by Bob Bertucci
Answers in Blue Book Please

Chapter One

1. Outline the history of Volleyball, include dates, places, names in chronological order.

Chapter Two

1. Explain the fundamental position and movement patterns for the overhand pass and the underhand pass. Include body position, hand position, footwork, and movement.

2. Explain one drill for each technique: overhand pass and underhand pass.

Chapter Three

1. Explain the meaning of the serve as an attack weapon.

2. Explain the fundamental position and movement patterns for the underhand serve and the overhand floater serve. Include body position, footwork, and movement.

3. Explain the basic spike by including the ready position, steps, approach step, jump, spiking action, hand contact, and landing.

4. What is the spiking checklist?

Chapter Four

1. Explain the full meaning of the term Counter Attack.

2. Why is it important to understand the concepts positioning, watching the ball, and watching the man, during the block?

3. Explain the correct body position, body action, and foot movement of the block.

4. Explain the correct body position and body action of the dig.

Chapter Six

1. Explain the court positions and the players positions.

2. Explain the 4-2 offensive system.

Chapter Seven

1. Explain the concept spiker coverage.

Chapter Eight

1. Explain the general concept of defensive systems.

2. What is the 2-1-3 and the 2-4 defense?

Chapter Twelve

1. Develop a volleyball conditioning program by explaining exercises for strength, jump training, flexibility, and running.

Chapter Twenty

1. The height of the net is _____for women, and _____for men.

2. The composition of a team and substitutes is what number of players?_

3. List the service faults.

4. Explain serving out of order.

5. Playing the ball rule 8 - Explain the following:
   a. maximum contacts is _____
   b. contact of ball with the body _____
   c. held ball _____
   d. double contact
   e. ball played by team mates
   f. blocking
   g. back line attacker

6. Play at the net rule 9 - Explain the following:
   a. ball crossing the net
   b. player contact with net
   c. simultaneous contact by opponents
   d. crossing the center line

7. Team and Player faults
   a. list 5 most common faults

II. Written: Volleyball Magazine Reading
Due:

Read 1 volleyball magazine article. One on volleyball techniques or one on volleyball tactics.

A. Form: one page written or typed for each article.

B. Organization:

1. Read the article and outline the main points.

2. Explain how this information will help your game of volleyball. How will you apply the information?

3. At the bottom of each page write the authors name, magazine title, date, and page.

PEH 286 - VOLLEYBALL STUDENT EVALUATION

STUDENT _____ DATE _____

TECHNIQUES	TRIAL 1	TRIAL 2	TRIAL 1	TRIAL 2
1. Underhand Pass				
2. Overhand Pass				
3. Spike				
4. Block				
5. Serve				

5 Attempts at each technique: Rated by Instructor

	(Pre) Game Performance	Post Game Performance
Game 1		
Game 2		
Game 3		

Game performance includes player positioning, techinical performance, tactical play, and an application of rules.

Rating System for Skill and Game Performances rated by Instructor.

SCORE 3 = Outstanding

2 = Average

1 = Fair

VOLLEYBALL

TAKE HOME OPEN BOOK ASSIGNMENT/EXAM

Name: _____

Instructions: Complete each of the following questions or items. You may work together and may use any reference you wish, but make the final written work your own. Return your completed copy to Miss Rockwell in class on _____. Please include a stamped, self-addressed envelope if you wish your copy to be returned to you.

I. Below are listed 5 skills associated with volleyball. For each skill (a) list 2 rules which directly relate to it, (b) describe at least 2 common errors beginning players make in performing each skill, and (c) make suggestion(s) for correcting each error.

Skill	Rules Which Apply	Common Errors	Suggestion(s) for Correction
Overhead pass			
Serve (pick one style _____ (Style)			
Underhand two-hand bump pass			
Spike			
Block			

II. Define the following terms briefly as they apply to volleyball:

A. Dig

B. Dink

C. Set up

D. Jungle ball

E. Calling for the ball

F. William Morgan

G. Holding the ball

H. Foot fault

I. Net violation

J. Covering a teammate

III. List six general points of good strategy for playing volleyball.

IV. Describe some advantages and disadvantages of volleyball as a life-time activity.

V. PLEASE GRADE YOURSELF:

A. Your understanding of the game	A	B	C	D	NC
B. Your present skill	A	B	C	D	NC
C. Your playing improvement this semester	A	B	C	D	NC
D. Your final grade should be	A	B	C	D	NC

PEH 285 Volleyball Associate Professor Chamberlain

Assignment: Take home Volleyball Exam

Answer all questions on the exam paper, be sure to sign your name and date. The exam has 3 parts: Part I is multiple choice; Part II is true or false; Part III is short essay. Due Date: _____

All answers can be found in the class text or in volleyball books in the M.C.C.C. Library.

Part I - Multiple Choice

1. Volleyball is
   a. the most popular participant sport in the U.S.
   b. ranked third in the world as a recreational team sport.
   c. the leading competitive sport in 27 countries.

2. A ball should be retrieved from the net by what technique?
   a. a block
   b. an overhead chest pass
   c. a dig or a bump
   d. with the open hand
   e. with a foot

3. A rule infraction is called
   a. foul.
   b. error.
   c. goof.
   d. penalty.

4. The man in the middle of the front line normally responsible for passing the ball to the spiker is called
   a. the center.
   b. the server.
   c. the setter.
   d. the net man.

5. A back line player may spike the ball provided his feet leave the ground at least _____ feet back from the net.
   a. 4 feet
   b. 9 feet
   c. 10 feet
   d 7½ feet

6. Hitting the ball underhand with the open palm is usually classified as:
   a. a flip
   b. a throw or carry or lift
   c. a double hit
   d. a set

7. A serve hitting the net and continuing into the opponent's court is a
   a. net serve or "let"
   b. point
   c. side out
   d. legal net serve

8. Most good spikers hit the ball
   a. with a stiff arm
   b. with a closed fist
   c. with both hands
   d. with an open hand
   e with a semi-fist

9. A serve made by a player stepping on the back court line before serving is called
   a. a liner
   b. a serve over
   c. an error
   d. a foot fault

10. Recovery of a hard driven spike in the back court is called a
    a. ace. b. dig. c. block. d. set.

11. The only time touching the net is not a foul is
    a. after the ball has been spike over the block.
    b. before the set man has touched the set.
    c. during the attempt to block a set.
    d. when the ball causes the net to contact a player.
    e. none of the above is legal

12. Which of the following results in a "play over"
    a. when an official inadvertently blows his whistle
    b. when a foreign object enters the court
    c. when a player is seriously injured during the play
    d. when there is a double foul
    e. all of the above

13. Which of the following are considered offensive weapons in power volleyball?
    a. the serve and the spike
    b. the spike and the dink
    c. the serve and the dink
    d. the change of pace spike and the quick spike
    e. all of the above

14. When starting the second game of the match, who has the first serve?
    a. the team that served first in game one
    b. the receiving team in game one
    c. the team that lost game one
    d. a coin is flipped for service

15. Which of the following is a foul?
    a. hitting the ball with the forearm
    b. pushing the ball into the net
    c. reaching under the net to recover a ball from the net
    d. stepping on the center line while playing a ball

16. In which situation does the Red team make a point?
    a. Red team serves and Blue team commits a net foul
    b. Red team's serve lands out of bounds
    c. Red team serves and the ball hits the top of the net but lands fairly
    d. A Red player is off the court as his team serves successfully

PART II - True/False

1. A hard driven spike may legally contact the head and then the shoulder of a player attempting to dig the ball, if it consitutes one attempt to play the ball.

2. You can reach over the net to block the ball, but you cannot touch the ball until completion of the opponent's hit.

3. You cannot reach over or touch the net when hitting the ball.

4. A back line player may move into the front area to set up the ball, but he cannot block or spike the ball in that area.

5. In coed play, at least one of the 2 or 3 hits must be made by a man.

6. A foul takes precedence over an error.

7. The underhand serve has no place in power volleyball.

8. Only the 3 front line players may block at the net.

9. A ball landing on the outside edge of a side boundary line is considered in bounds.

10. A player may not step on the center line or cross the center line extended.

11. The set man may set the ball to any player on the court, as long as the ball is legally played.

12. When blocking, a player may legally have part of his body over the plane of the center line, as long as he does not contact the net or floor beyond the center line, or interfere with his opponent's right to play the ball.

13. The three-man-block is illegal.

14. When two opposing players strike the ball simultaneously over the net, the team on who side the ball falls is allowed 3 more hits without penalty.

15. The server can be anywhere behind the end line, as long as he stands within an imaginary extension of the side lines.

16. During the serve the players on the receiving team can assume any position on the court.

17. You cannot go over the net on a follow-through.

Part III - Short Essay

1. What is "power volleyball"?

2. The official rule of volleyball call for how many players?

3. A team is arranged in what positions?

4. How high is a volleyball at the center?

5. How do you decide which team serves first?

6. Where should a server stand when serving?

7. What does "rotate" mean in volleyball?

8. What constitutes a completed volleyball game?

9. What makes up a volleyball match?

10. What is the ready position for volleyball?

11. What is the main consideration when serving?

12. Describe (outline) the fundamentals of the overhead serve.

13. The cardinal rule for receiving the volleyball serve is _____?

14. Describe the body position and movement for the set-up.

15. List 5 important aspects of the volleyball spike.

16. What is the proper hand position for a. spiking b. setting c. serving d. digging e. bumping

17. What team alignment strategy is most effective?

18. Defensive strategy when receiving a serve should be?

19. Rule of the game:
    a. When may a team substitute?
    b. What is the serving order rule?
    c. What is the net rule regarding the player?
    d. List 7 fouls of volleyball.
    e. List 5 errors of volleyball.
    f. When is a point replayed?

MONTGOMERY COUNTY COMMUNITY COLLEGE

PEH 285 VOLLEYBALL MR. CHAMBERLAIN

ANSWER SHEET

PART I - MULTIPLE CHOICE (WRITE LETTER ON THE BLANK)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____

PART II - TRUE/FALSE (WRITE WORD ON THE BLANK)

1. _____	7. _____	13. _____
2. _____	8. _____	14. _____
3. _____	9. _____	15. _____
4. _____	10. _____	16. _____
5. _____	11. _____	17. _____
6. _____	12. _____	

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APR 19 1985